



## 2018 Local School Wellness Policy - Triennial Assessment Report

The Governing Board recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity for district students (Board Policy 5030). The Local School Wellness Policy requires that the Local Education Agency conduct assessments of school compliance with the local school wellness policy once every three years (7 CFR 210.31e). The purpose of this report is to document the results of wellness assessments and to share these results with the public.

The Farmersville Unified School District Board Policy (5030) outlines the requirements of school wellness programs and designates the Superintendent or Designee for appointing a School Wellness Council for wellness program oversight. The School Wellness Council is comprised of representative groups of health educators, curriculum directors, teachers, administrators, after school coordinators, health practitioners, parents, students and community representatives. The Wellness Council met a total of 8 meetings to review Local School Wellness Policy and conduct assessments designed to assess district school wellness objectives from October 23, 2017 – November 6, 2018.

The School Health Index (SHI) is a self-assessment and planning improvement guide that utilizes a wide variety of school wellness indicators to assess policies and programs for promoting health and safety. The School Wellness Council primary focus was to conduct SHI wellness assessments and to develop objectives in the areas of student health, nutrition, physical activity, community outreach, and staff wellness. The areas of social emotional wellness, school safety, family engagement, and social services objectives are under the district's Positive Behavioral Interventions Supports (PBIS) and Multi-Tiered Systems of Support (MTSS), these objectives are incorporated into the district's Local Control Accountability Plan (LCAP).

The Local School Wellness Policy Triennial assessments include the following areas:

1. **School Wellness Council** – meets a minimum for 4 times per school year to review and update the Local School Wellness Policy and school wellness programs. The district posts meeting dates, agendas, and minutes to the public on the district webpage. Representative groups are required to serve on the council as outlined by the Farmersville Unified School District Board Policy 5030. Each meeting the number of participants in attendance varies. Consistent calendar invites are sent out to council participants and are encouraged to

participate by the district Designee (Assistant Superintendent). District /School wellness goals are developed and data is collected to review goal progress by the School Wellness Council. School Principals serve as School Wellness Policy Coordinators. Increased emphasis on school wellness objectives is an area of growth for the 2019-2020 school year for school sites.

2. **Wellness Policy Implementation, Monitoring, Accountability and Community Engagement** – the district Designee and Wellness Council update the local school wellness policy annually, assesses wellness policy implementation, and monitors wellness policy progress. The district office of Curriculum / Special Projects maintains Wellness Council records. The district Wellness Council, Designee, and school Principals are responsible for school wellness policy progress oversight and implementation. District families and the public are notified of the Local School Wellness Policy by posting the document on the district web page. Wellness Council meetings, agendas, and minutes are posted on the district web page.
3. **Triennial Progress Assessments** – the criteria used to evaluate compliance with the district wellness policy included the following: a) the extent that schools are in compliance; b) the extent in which the district policy compares to model wellness policy (Alliance for a Healthier Generation); and c) description of the of the progress made in meeting established wellness goals. District wellness SHI assessments were completed during wellness council meetings. Schools aligned wellness goals to districtwide objectives based on the SHI data.
4. **Community Involvement, Outreach, and Communication** – the district has partnered with various agencies to encourage wellness participation and communication. These partners include Community Health Professionals, University of California UC Cooperative Extension and UC CalFresh Nutrition Education Supervisor and Educators, Tulare County Office of Education Division of Health Services, Turning Point Mental Health Services, Local Agricultural Growers, and Community Health organizations. It is recommended to include the Local School Wellness Policy in the Parent/Student Handbook for the 2019-2020 year to increase parent and community outreach and communication.
5. **Nutrition** – all school meal programs within the district are in compliance with the USDA State and Federal nutrition program guidelines for students. The district provides options to accommodate students with special diets. Meal programs are accessible to all students and staff adheres to cleanliness and food sanitation guidelines. The district meets the Federal Free and Reduced Lunch Program guidelines and statutes. Food Services staff is trained on USDA food preparation and sanitation state guidelines. Drinking water is provided and available for all students. All students are provided with free breakfast and lunch by the district. Smart Lunch techniques are implemented at all school sites. 95% of Food Service staff possesses a Serve Safe Certificate and the district maintains a score of 95% or better on Public Health Inspections at all school sites for three consecutive State Health Inspection Reports. The district provides an

English/Spanish “Nuggets” newsletter that provides the daily food menu for elementary parents. Additionally, a similar newsletter “Teen and Fitness” is provided for secondary students and parents.

6. **Food and Beverages during the School Day** - The district is committed to ensuring that foods and beverages are available to students during the school day to support healthy eating and meet USDA requirements.
7. **Celebration and Rewards** – objectives have been established for implementing nutritional foods into celebrations and rewards to ensure compliance with this requirement. This continues to be an area for improvement particularly for educating parents on providing healthy snack options for classroom celebrations and lunch-on-the- lawn school events.
8. **Fundraising** – the district has established objectives to ensure that non-food fundraising activities encourage physical activity during the school day. In addition to establishing goals for fundraising to include a minimum of four non-food items during the school day and outside of each school.
9. **Nutrition Promotion** – school educators and paraprofessionals promote healthy foods and nutrition education. This is accomplished through advertising healthy food and beverage options (Nuggets & Teen and Fitness Newsletters). Health and nutrition education programs are provided for students both at the elementary and secondary level. Health education curriculum (standards-based) is provided by the district and resources are supplemented by community based partnerships and programs. These supplemental education programs (CATCH & Choice) provide students with knowledge and skills to make healthy eating choices and include hands on community garden learning projects at schools.
10. **District Health and Community Based Curriculum** – objectives established for the 2019-2020 school year include nutrition education topics that include: healthy eating, personal health, and disease prevention at each grade level. Coordination of curriculum is an area for improvement to ensure consistent implementation at each grade level.
11. **Food and Beverage Marketing** – the district continues to provide students with the opportunities to practice healthy eating and physical activity. The district provides an environment that limits advertising distractions that promote non-healthy foods options. The district will continue to monitor progress in this area.
12. **Physical Education / Physical Activity** – the district adheres to state Physical Education instructional minutes required by the California Education Code. Physical activity and instructional minute requirements are met during the school day for both the district’s Physical Education curriculum and after-school programs CATCH / SPARKS structured play curriculum. The California Physical Fitness Report results from 2016-2018 identified needs improvement goals in the area of Aerobic Capacity of students for grades 5, 7, 9.
13. **Essential Physical Activity Topics in Health Education** – students are required to pass one health course in high school and in junior high school this health curriculum is incorporated as part of the science curriculum. The state

required health education standards address the minimum of the three essential topics covered within both the health and science education curriculum. The CATCH / Choice elementary school curriculum also meets this requirement for elementary students. Consistency for curriculum implementation is an area of growth at the elementary school level.

14. **Recess** – all elementary schools provide a minimum of 20 minutes of recess on all days during the school year to ensure physical activity goal requirements are met and is included as part of the regular school day. Due to occasional inclement weather, these days may be modified to include indoor options for meeting these standards.
15. **Classroom Physical Activity Breaks** – the district adheres to providing students with breaks to be physically active and is included as part of the elementary day recess and lunch schedule. Secondary students have breaks several times a day to change classes and is included as part of the regular school day schedule.
16. **Active Academics** - is included as part of the CATCH curriculum for elementary students and SPARKS after school program curriculum. Grades 7-10 meet this requirement as part of meeting physical education course requirements as the standards include academic components. Further exploration needs to be considered on how to meet this requirement for 11-12 grade students who are not enrolled in PE or athletic courses.
17. **Active Transport** - the district encourages (BP 5121.2) active transport of students by walking and bicycling, and other forms of transport promote physical activity. The district provides and supports both paid and volunteer crossing guards, provides bicycle and skateboard storage areas, and provides safe school walking zones for students.
18. **Other Wellness Activities that Promote Wellness**- the district continues to explore grant opportunities that provide students with opportunities to engage in healthy eating and physical activity. These include school / community garden projects, farm industry and County Fair fieldtrips, and development of agricultural pathways for middle and high school students.
19. **Community Partnerships** – the district and the Wellness Council members continue to expand and support community partnerships. These partners include the University of California Cooperative Extension (UCCE), Health Care Provider Representatives, Tulare County Office of Education, Agricultural Career Pathway Partners, and Local Agricultural Industry partners.
20. **Community Health Promotion and Family Engagement** – the district supports Community health promotion and family engagement wellness activities. These wellness activities include vision and hearing screening for students, shoe give-away, eyeglasses for students, and provide medical referrals for families needing health services for children. To promote health education and family engagement, the district posts the following wellness activities on the district web

page: wellness council agendas, meeting minutes, wellness policies, and district wellness assessment.

21. **Staff Wellness and Health Promotion** – the district Nurse provides wellness resources and activities to promote staff wellness in coordination with Human Resources. These include health screenings, local physical fitness activities and competitions, AED training, CPR training, and activities to promote health and physical activity.